metro

PHILADELPHIA NO. 1 FREE DAILY IN T

Tuesday, March 14, 2017 metro.us | t: MetroPhilly | f: MetroPhilly

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TOO MUCH SEX?

How do you know if you're a sex and love addict? 21

PLUS-SIZE BRANDS THAT SLAY. 20

TAKING A SNOW DAY?

Metro offers some legitimate and not-so-legitimate reasons for not showing up to work. 4

GETTY IMAGES

LARGEST WARSHIP TO SOUTH CHINA SEA

1 Japan plans to dispatch its largest warship on a three-month tour through the South China Sea beginning in May, three sources said, in its biggest show of naval force in the region since World War II. China claims almost all the disputed waters and its growing military presence has fueled concern in Japan and the West, with the United States holding regular air and naval patrols to ensure

freedom of navigation. The Izumo helicopter carrier, commissioned only two years ago, will make stops in Singapore, Indonesia, the Philippines and Sri Lanka before joining the Malabar joint naval exercise with Indian and U.S. naval vessels in the Indian Ocean in July. REUTERS

VIDEO POSES QUESTIONS IN FERGUSON SHOOTING

2 A previously undisclosed video of Michael Brown, recorded hours before the unarmed black 18-year-old was fatally shot by a police officer in Ferguson, Missouri, has raised new questions about a suspected robbery that police said he committed in his final hours. The footage shows Brown at a convenience store the night before he was killed. It was unearthed by a documentary filmmaker. Shortly after Brown's death, local police had released security-camera video of Brown visiting the same store in the daytime, a few minutes before he was shot. That footage, which now appears to depict the second of two visits to the Ferguson Market and Liquor store by Brown within a span of a few hours, showed Brown pushing a worker before walking out with cigarillos in an apparent robbery. REUTERS

SOME STATES SUE TO BLOCK TRAVEL BAN

3 A group of states renewed their effort to block President Trump's revised temporary ban on refugees and travelers from several Muslim-majority countries, arguing that his executive order is the same as the first one that was halted by federal courts. Court papers filed by the state of Washington and joined by California, Maryland, Massachusetts, New York and Oregon asked a judge to stop the

March 6 order from taking effect on Thursday. An amended complaint said the order was similar to the original Jan. 27 directive because it "will cause severe and immediate harms to the States, including our residents, our colleges and universities, our health care providers, and our businesses." REUTERS

HOLI FESTIVAL

5 Indians and Foreign tourists celebrate the Holi Festival at Khasa Kothi, organized by Rajasthan Tourism in Jaipur, India, on Monday. GETTY IMAGES

5 THINGS YOU NEED TO KNOW

TRUMP PLANS TO HOST CHINA'S XI IN APRIL

4 President Donald Trump is planning to host Chinese President Xi Jinping at a two-day summit next month, according to media reports, as his administration seeks to smooth relations with the world's second-largest economy. The meeting is tentatively scheduled for April 6-7 at Trump's Mar-a-Lago resort in Florida, U.S. online media outlet Axios reported on Monday, citing officials familiar with the plans.

CNN also reported the planned summit, citing an unnamed administration official. It added that the plan was tentative and that Secretary of State Rex Tillerson was expected to finalize plans during a trip this week to Asia, which includes a stop in China. Press Secretary Sean Spicer said on Monday the White House was preparing for a meeting between the two leaders but was not ready to announce a date. REUTERS

WELCOME TO METRO.US!

ERIN TIERNAN, WEB REPORTER

Things got a little too spicy for White House Press Secretary Sean Spicer when a self-described feminist called him a "liar" and ambushed him with questions at a D.C. Apple store this weekend. Watch the video at **metro.us/politics.**

PLAY TO WIN

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Every Monday, we pick a random winner from the participants who answered correctly one of the quizzes from the previous week. Congrats to last week's winner, **Stephan Clanton**

metro.us/quiz

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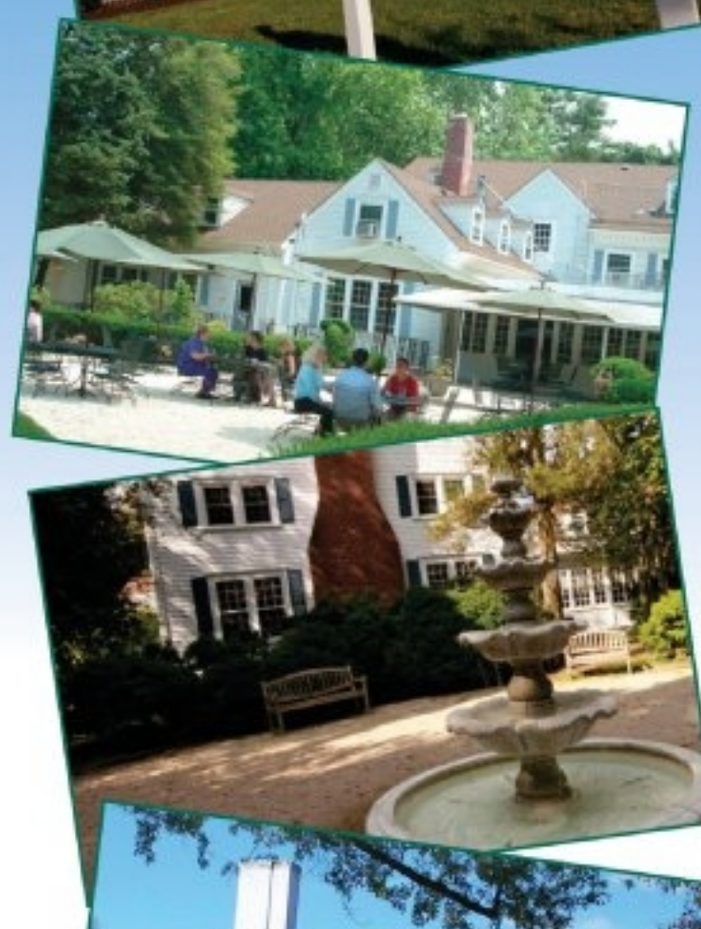

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At what point do you forget about trying to get to work? GETTY IMAGES

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10 reasons for missing work during the snowstorm

Metro has put together a list of five legitimate reasons for taking the day off and five less-than-legitimate reasons.

GARY KANE
@MetroNewYork
gary.kane@metro.us

As a blanket of late-winter snow covers the Northeast, employers are expecting to hear from some workers who say they will not be showing up today.

However, if you cannot decide whether to take a snow day, Metro has compiled a list of five legitimate and five not-so-legitimate reasons for telling your boss that the company must forge ahead without your presence today.

Legitimate reasons:

1 Dangerous road conditions

The governor or mayor advises citizens to stay off the roads. You intend to heed the warning.

2 Trains aren't running

Riding the rails can turn into an all-day adventure. Snowdrifts and the possibility of downed trees and power lines falling on the tracks can bring trains to a halt for extended periods.

3 Schools are closed

Child care can be a serious issue when schools close, and public schools are closed today in New York City, Philadelphia and Boston. You have a 4-year-old boy and a 6-year-old girl.

4 Power outage

You may need to find an alternative shelter for the night if the electric power fails. Kerosene heaters are an option, but must not be unattended.

5 Coastal flooding

You and your family need to safeguard the basement against a possible storm surge.

Less-than-legitimate reasons:

1 Lack of equipment

If your snowshoes and cross-country skis are still in a storage unit across town, you cannot be expected to brave the hazards of snow-covered sidewalks.

2 Carpool driver stuck in driveway

It isn't your turn to drive. The designated driver threw out his back attempting to shovel a path to the street.

3 Chionophobia

You suffer from a fear of snow, called chionophobia. You are particularly terrified of becoming stranded in snow. You might add that you also suffer from nivisphobia, the irrational fear of avalanches.

4 Weather Channel addiction

You confess that you're obsessed with interactive weather maps. You need to track the storm.

5 Working from home

In the digital age, more and more people are capable of working from home. You tell your boss that you have excellent internet access at home. She reminds you that you work as a sous chef.

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Earth from space BETH SCUPHAM/CREATIVE COMMONS

Stella's 'ingredients' linked to global warming, says climate change expert

Snow in March is not an anomaly, but this nor'easter reflects risks of greenhouse gas emissions.

AMANDA MIKELBERG
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In like a lion, out like a potential case study for global warming.

Plows and loaders are now excavating the first half of snowfall of Winter Storm Stella, a storm that could rival March's biggest storms on record, such as the 1888 "Blizzard of the Century" which buried New York City in 16 inches and paralyzed much of the country.

As much as 24 inches could fall in places across the Northeast, making Stella a curiosity for climate scientists to test theories about changing arctic sea ice levels colliding with warm air, an expert told Metro.

The Stella system, billed as a classic nor'easter because of its atmospheric ingredients and path, is the result of the merging of two low pressure (warmer) systems sweeping in from the Pacific Northwest jet stream and from the Gulf Coast, joining with the cold air coming down from the arctic.

The resulting system will be traveling up the East Coast on Tuesday, dumping 8 to 20 inches of snow, or more, with winds topping 40 and 50 mph, earning the storm blizzard status.

The potentially historical snowfall follows February's record-high temperatures (Boston hit 72 and Philadelphia hit 74 degrees on Feb. 24). Frigid temperatures across the Northeast forced shorts back into hibernation.

"Extreme weather is the new normal," New York Gov. Andrew Cuomo said Monday while making emergency announcements ahead of the storm.

While March snow is not unheard of, aspects of this storm are suggestive of erratic weather patterns that have arisen in recent years, said NASA climate scientist and Columbia University researcher Justin Mankin.

"One of our expectations of global warming is an average decrease in snow, but also an increase in snowfall extremes," he said.

"There is a robust expectation of increased extreme weather events. Increasingly the climate science community has been able to attribute the risk of occurrence of those weather extremes to global warming."

Directly correlating this storm with global warming requires rigorous research, which has not been done, Mankin said. We can get crazy weather just by virtue of the earth's complexity in absence of greenhouse gas factors.

But what scientists can do with confidence now is associate risk of occurrences for weather extremes with global warming, much like medical research can associate lifestyle with heart risk factors.

There are some "ingredients that suggest superficially that the warming that has occurred from people and fossil fuels could potentially have played a role," he said.

Those ingredients include a theory associating 2017's record low arctic sea ice — meaning more melt than ever seen before — for the arctic air traveling farther south than usual because of ice dispersion.

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A growing number of shoppers head to Center City on bicycles. GETTY IMAGES

Endometriosis Pain Clinical Research Study

The Clinical Trial Center research study is evaluating the safety and effectiveness of an investigational drug for moderate to severe endometriosis pain.

The study may last up to about 15 months and involve about 12 study visits.

You may be able to join the study if you:

- Are 18 to 45 years old and have not gone through menopause
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- Do not have a history of osteoporosis or another bone disease
- Are not pregnant or breastfeeding or planning to get pregnant within the next 10 months

There are other requirements to be in the study that the study doctor will discuss with you to determine if you are eligible to participate.

Study participation is voluntary. You will receive investigational study medications and study-related tests and procedures at no cost.

TO LEARN MORE OR SEE IF YOU MAY QUALIFY FOR THE STUDY, CALL:

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PHILLY NEEDS TO EMBRACE THE TWO-WHEELED SHOPPER

RANDY LOBASSO

Philadelphia released its Vision Zero Draft Action Plan last week, making several recommendations for a safer city via traffic calming tools, pedestrian-oriented projects, and better bike lanes.

That's good! But the hard part is still to come: Convincing city dwellers the status quo is not OK, and changes can be a good thing. That's a tough sell in the Cradle of Liberty, where stubbornness can be a virtue.

But if there's one thing we can all agree on, it's if these changes can help create a better economy, we should probably go for it.

"Creating a stronger economy is the best strategy for reducing crime, lowering individual tax burdens, and improving the quality life in every neighborhood and on every block," Council President Darrell Clark recently noted when forming a Regulatory Review and ReformCommittee for City Council.

He's right. Think of all the advantageous changes that come with a booming economy. And if you really want the money to roll in and city income taxes to go up, you need to make some changes on the ground. Bike lanes are one of easiest ways to get Philadelphians to spend more money because it offers people easier access to businesses. And there's research to prove people arriving by bike are better customers, too.

Capitalism, baby. All the kids on bikes are doing it.

Over the years, we've heard from both residents and business owners: Bike lanes will ruin our lives, they say, annihilating the supposed "historic" feel of city neighborhoods; and if fewer people are driving and parking their cars in Center City to shop, profits will fall along with the sky.

These emotional arguments against bike lanes in Philadelphia are not unique. When the City of Toronto heard the same complaints,they commissioned a study to look at how bike lanes and wider sidewalks would affect commerce in their downtown area of Parkdale.

The study, conducted toward the end of 2015, looked at how many shoppers arrived by car in their downtown area and how many arrived via biking and walking).

Business owners were asked how they felt their customers were arriving. Half the owners estimated at least 25 percent were arriving by car. When the study was completed in 2016, it was found actually just 4 percent were driving in.

Seventy-two percent were actually arriving by bike or by foot. And that's not all: "Visitors who reported using active transportation to visit the Study Area visited more often and spent more money per month than those who usually drove," according to the report's abstract. Such a finding has been repeated, over and over again, all over the world.

So, not only do bike lanes not hurt businesses the way some think they do, they actually increase revenue. I mean, look at 13th Street in Center City today, where 40 percent of rush hour traffic is on bike. It's become one of Philadelphia's premier independent shopping areas since the buffered bike lane was installed in 2011. That's not a coincidence.

Randy Lobasso is communications manager at the Bicycle Coalition of Greater Philadelphia.

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The 'Last Don Standing' chats about Mafia past

Philadelphia mob boss Ralph Natale speaks in advance of the publication of his biography.

A.D. AMOROSI
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At a time when talk of bad hombres is all the rage, it might be appropriate that Ralph Natale, 81, put his story on paper.

"Last Don Standing: The Secret Life of Mob Boss Ralph Natale" tells the violent backstory of the first Mafia don (1994-98) to cooperate with federal prosecutors; a tale that ranges from fixing fights for Muhammad Ali to hanging out with Teamster boss Jimmy Hoffa.

The book, written with New York City reporter Larry McShane and Discovery Channel producer Dan Pearson, is scheduled for release on March 21.

Q: Being in the witness protection program, you must miss Philadelphia.

A: South Philadelphia is ingrained in my soul. I get warm feelings just thinking about the old streets, I really do. I love it and miss it. Since I wrote this with Dan and Larry and became a witness — something I never thought I'd do against those punks who were supposed to take care of my wife and didn't — I have come to believe that people in that town honestly regard me with esteem.

Q: There's always been a code of honor and a league of gentleman within your generation of the Cosa Nostra. How do you equate being a gentleman with the violence within the business?

A: When I was 12, there was an incident that showed me who I truly was. We were street urchins doing what young hoodlums do when they dug up this old graveyard around the corner from where we lived. My father being the father that he was told me get home on time — ba-bing, ba-boom — even though he never had a job. He was a pick-up man. Anyway, I didn't have a watch, came home after 9, and he was waiting for me at the door. I walked past him and he kicked me with the side of his foot like you would a street crumb, like someone who never mattered. I tell you this — if I had a pistol on me, I would've killed him. I told him to never touch me like that again, and went to bed. I never wanted anyone to touch me in a bad way.

Ralph Natale was a Mafia don in the mid-1990s. PROVIDED

Q: You were close to Philadelphia mob boss Angelo Bruno. When he was killed in 1980, it's believed that the Philly mob — the Mafia in general — went into decline. What do you say?

A: It changed. I was away in prison at that time (Natale famously held omertà, the Mafia's code of silence, for 16-years) and his underboss Tony Bananas had a deep-seated hatred of Bruno. Then again, Tony hated everybody who wasn't him. He had no love; nothing but hate. Ang was a street man, kept everything in order. Everyone came to call him "the Docile Don" later in life, but he wasn't docile. When it came time to be handed the Italian family mantle from Carlo Gambino he gave it to Bruno, not Bananas. Tony never forgot that. His level of hate carried on in the mob even after Bananas was killed in retaliation weeks later. Greed took over the mob, greed and crumb bums like the people who broke their promise to take care of my wife. That's why I turned.

Q: There's a photo of you and Jimmy Hoffa in the book, the only one to prove that Hoffa had the mob ties he always denied.

A: He was a good man and a great friend. Jimmy was aware of my talents and had me fix things when necessary with the union. He paid me well. When he came home from jail — he had it all, a huge pension — until he wanted to take back the Teamsters Local International. He wanted me to help him in New Jersey, but I couldn't. There's a saying: "You can't serve two masters." I couldn't get my bosses to wash their hands of the situation. He was a great man, but he made a mistake. I could smell the dampness of the dirt of his grave when I looked at him.

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US Congressional report: Republican health plan to make millions more uninsured

Millions of Americans would lose medical insurance under a Republican plan to dismantle Obamacare, the nonpartisan Congressional Budget Office said Monday in a report that dealt a potential setback to President Donald Trump's first major legislative initiative.

The eagerly awaited CBO report forecast that 14 million more people would be uninsured in 2018 and 24 million more in 2026 if the plan being considered in the House of Representatives were adopted. Obamacare enabled about 20 million previously uninsured Americans to obtain medical insurance.

The CBO projected that 52 million people would be uninsured by 2026 if the bill became law, compared to 28 million who would not have coverage that year if former President Barack Obama's signature health-care law remained unchanged.

GETTY IMAGES

Two House of Representatives committees have approved the legislation to dismantle Obamacare that was unveiled by Republican leaders a week ago, but it faces opposition from not only Democrats but also medical providers including doctors and hospitals and many conservatives. The CBO report's findings could make the Republican plan a harder sell in Congress.

The agency, however, said federal deficits would fall by a net $337 billion in the 2017-2026 period under the Republican bill.

Some Republicans worry a misfire on the Republican health-care legislation could hobble Trump's presidency and set the stage for losses for the party in the 2018 congressional elections.

Trump attempted to rally support for the Republican bill on Monday before the CBO report's release. REUTERS

"The House bill to repeal and replace Obamacare will provide you and your fellow citizens with more choices — far more choices — at lower cost."

Trump

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Justice Dept. seeks more time on Trump wiretap evidence

A spokesman for Obama said the charge was "simply false."

A view of Trump Tower in New York City GETTY IMAGES

The Department of Justice said on Monday it had requested more time to respond to a request from lawmakers on the House of Representatives Intelligence Committee for evidence about President Donald Trump's allegation that then-President Barack Obama wiretapped him.

Earlier this month, without evidence, Trump accused his predecessor of wiretapping him during the 2016 election campaign.

In response, the leaders of the House Intelligence Committee sent a letter to the Justice Department requesting proof for the allegation by Monday.

A department spokeswoman said it had requested "additional time to review the request in compliance with the governing legal authorities and to determine what if any responsive documents may exist."

The committee said in a statement it wanted a response by the time of a planned hearing on March 20, suggesting it would use a subpoena if that did not happen.

"If the committee does not receive a response by then, the Committee will ask for this information during the March 20 hearing and may resort to a compulsory process if our questions continue to go unanswered." REUTERS

"If the committee does not receive a response by then, the Committee will ask for this information during the March 20 hearing and may resort to a compulsory process if our questions continue to go unanswered."
The committee

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16 MSM/NO
8 Wisconsin (25-9)
9 Virginia Tech (22-10)
5 Virginia (22-10)
12 UNC Wilmington (29-5)
4 Florida (24-8)
13 E. Tenn. St. (27-7)
6 SMU (30-4)
11 Providence/Southern California
3 Baylor (25-7)
14 N. Mexico St. (28-5)
7 South Carolina (22-10)
10 Marquette (19-12)
2 Duke (27-8)
15 Troy (22-14)

WEST
SAN JOSE, CA.

1 Gonzaga (32-1)
16 S. Dakota St. (18-16)
8 Northwestern (23-11)
9 Vanderbilt (19-15)
5 Notre Dame (25-9)
12 Princeton (23-6)
4 West Virginia (26-8)
13 Bucknell (26-8)
6 Maryland (24-8)
11 Xavier (21-13)
3 Florida St. (25-8)
14 Fla. Gulf Coast (26-7)
7 St. Mary's (28-4)
10 VCU (26-8)
2 Arizona (30-4)
15 North Dakota (22-9)

PHOENIX, AZ.

CHAM

I'S TOURNAMENT BRACKET

Elite 8 : March 25-26 **Final Four : April 1** **National Championship: April 3**

MIDWEST

KANSAS CITY, MO.

- Kansas (28-4) **1**
- NC Central/UC Davis **16**
- Miami (21-11) **8**
- Michigan St. (19-14) **9**
- Iowa St. (23-10) **5**
- Nevada (28-6) **12**
- Purdue (25-7) **4**
- Vermont (29-5) **13**
- Creighton (25-9) **6**
- Rhode Island (24-9) **11**
- Oregon (25-9) **3**
- Iona (22-12) **14**
- Michigan (24-11) **7**
- Okla. St. (20-12) **10**
- Louisville (24-8) **2**
- Jax State (20-14) **15**

PHOENIX, AZ.

SOUTH

MEMPHIS, TN.

- North Carolina (27-7) **1**
- Texas South. (23-11) **16**
- Arkansas (25-9) **8**
- Seton Hall (21-11) **9**
- Minnesota (24-9) **5**
- Mid. Tenn. (30-4) **12**
- Butler (23-8) **4**
- Winthrop (26-6) **13**
- Cincinnati (29-5) **6**
- Kansas St./Wake **11**
- UCLA (29-4) **3**
- Kent State (22-13) **14**
- Dayton (24-7) **7**
- Wichita St. (30-4) **10**
- Kentucky (29-5) **2**
- North. Ky. (24-10) **15**

PIONS

Brangelina got magic tattoos right before divorce

Picture this: it's February 2016. You're married to the love of your life. The love of your life, incidentally, is Brad Pitt. He's mostly aged gracefully — you have no complaints. One day, you have an idea. "Hey, Brad?" you say. "What if we got superpainful magic tattoos that will bind us together forever?" Brad acquiesces, because he's usually down for whatever. You smile to yourself. You're the luckiest goth in the world.

OK, great. Now you're in Angelina Jolie's head space. Problem is, months later, you file for divorce. Because turns out, even magic tattoos can't save your marriage.

That's right: Angelina and Brad were tattooed by a celebrated artist who formerly moonlighted as a monk, as you do. The tattoos, according to The Daily Beast, are traditionally believed to give the wearers magic powers, and were intended to symbolically bind the two A-listers together as husband and wife which, obviously, did not work.

This continues to be them most painful celebrity divorce of our time. For me, at least. I can't speak for Brad or Angelina.

the word

RACHAEL CLEMMONS
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Ed Sheeran will be on Game of Thrones

Ed Sheeran has been cast in a small role on the upcoming season of "Game of Thrones," and if you're anything like me, you're scratching your head right now and asking: "OK, but why?"

According to Rolling Stone, the singer was invited to the set as a surprise for Maisie Williams, aka Arya Stark. And since he was already there, the 26-year-old ended up filming a small, unspecified role.

"Game of Thrones" actually has a history of recruiting musicians for small, unrecognizable appearances on the show, including members of Coldplay and Of Monsters and Men. The HBO show is also known for killing off any person who is extremely attractive (My heart yearns for you, Robb!).

Thanks for giving us something we didn't want, "Game of Thrones"! At least Arya got to have a small moment of happiness.

ALL PHOTOS GETTY IMAGES

Charlie Hunnam talks about being pretty

Charlie Hunnam, star of "Sons of Anarchy" and now "Lost City of Z," is a good looking dude. And because he knows what we want to hear, he's finally opening up about being the prettiest boy at the ball.

In an interview with InStyle, Roxane Gay — my fave — asks the 37-year-old about how damn fine he is. In response, Hunnam exhibits, what some may call, a shocking show of self-awareness. "It's both collateral damage and a huge opportunity. I mean, it's a visual medium, and it makes it a lot easier to get roles if you're a little easier on the eyes." Refreshing!

"There will probably be those that still relegate me to being a pretty boy," he continues. What stunning self-reflection!

Hunnam also talks about a variety of other things, like how his commitment to method acting is kind of ruining his relationship with his girlfriend, and also about how shakshuka is the new frittata. What a legit dude, am I right?

NOTICE OF PUBLIC AUCTION

On March 17th 10:00 AM, Storage Sense at 1000 Easton Road Wyncote PA 19095 (215-635-2007) will hold a public auction. Items will be sold to the highest bidder for cash.

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2185 SHERWOOD BETHEA • 2186 BRENDA BROWN • 2210 TIERA MCCLELLAN
2223 DAROLD S WILLIAMS • 2241 WALTER SHANDS • 2347 LEON WILLIAMS
2350 AYANA A BROWN • 2352 NORMA D OLIPHANT • 2391 DAYNA CHERRY
2411 NIKISHA N SESSOMS • 2416 LOTTIE BALL • 2474 RABIYAH T BEY
2511 EARL J SHORTY • 2569 OSCAR RUIZ • 2573 APHIENA PAYNE • 2586 KEVIN HALL

Metro Self Storage

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MATT PRIGGE
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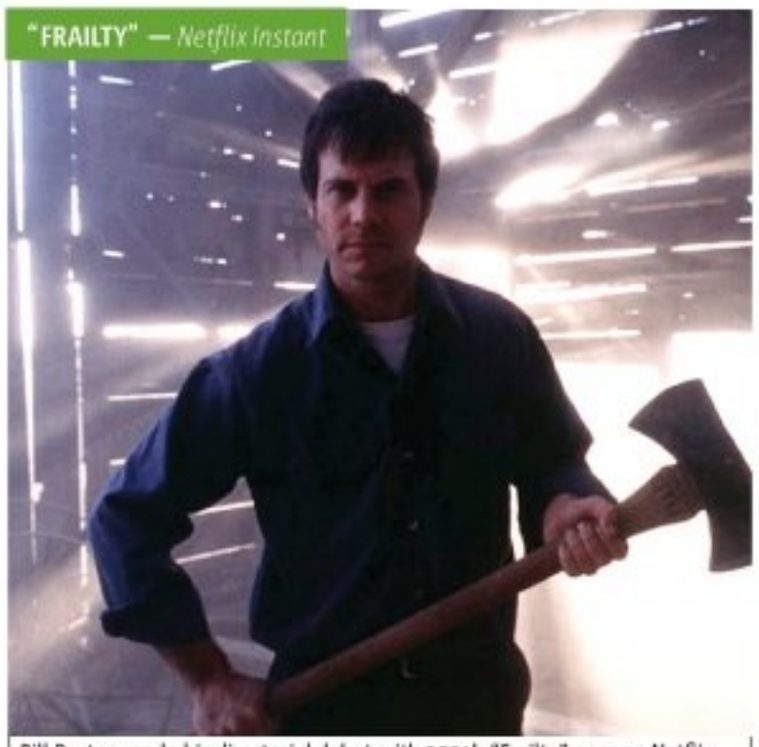
matt.prigge@metro.us

"TINY FURNITURE" — *FilmStruck*

"Girls" is inching toward the finish line, making it a good time to venture back to Lena Dunham's initial triumph. Arriving at the tail end of the "mumblecore" not-quite movement, her 2010 movie stuck out from the pack by being a) tightly written and b) handsomely filmed. And of course, there's Dunham's signature voice, too. Aura, her "Tiny Furniture" hero, is a similar-but-different creation than Hannah Horvath — an aimless postgraduate who holes up in the swank Manhattan digs of her mother (Laurie Simmons). Jemima Kirke, Alex Karpovsky and bad sex are already present and accounted for, as is Dunham's worldview, in which she both celebrates and brutally deconstructs the life of the young, neurotic and privileged.

Before they were Hannah Horvath and Jessa Johanson, Lena Dunham and Jemima Kirke starred in 2010's "Tiny Furniture." IFC FILMS

"FRAILTY" — *Netflix Instant*



Bill Paxton made his directorial debut with 2001's "Frailty," now on Netflix. IFC FILMS

Because the internet is terrible, there aren't a lot of Bill Paxton movies to watch in the wake of his out-of-nowhere death. One of our finest character actors racked up an epic list of movie-stealing credits over the years, only five of which presently live on Netflix. Of those, we recommend "Nightcrawler" and "Frailty," the latter one of a mere two films he helmed himself (apart from the dubiously titled Shia LaBeouf golf movie "The Greatest Game Ever Played"). In his "Night of the Hunter"-esque spooker, the actor plays a father who one day announces that God has granted him the ability to see people possessed by demons — a claim doubted by at least one of his tweenage sons. As he goes about killing possible innocents, Paxton's performance walks the line between charismatic and dangerous. The movies just lost one of their least predictable performers, and this is one of his finest turns.

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The couple that works together

Real-life power team Tatiana Maslany and Tom Cullen play lovers in "The Other Half."

ABBEY BENDER
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Tom Cullen and Tatiana Maslany play a drifter and a woman with bipolar disorder who strike up a hectic romance in "The Other Half," now in theaters and on VOD. BRAINSTORM MEDIA

Working with your significant other can be a tricky thing. Not for Tatiana Maslany and Tom Cullen. Partners since 2011, the "Orphan Black" and "Downton Abbey" alums finally got to share the screen in "The Other Half," an indie in which she plays a woman with bipolar disorder and he a violent drifter mourning the disappearance of his brother. The two become an item, even as problems arise.

Does being a couple off-screen make playing an intense couple on screen easier or harder?

Tatiana Maslany: Because we know each other really well we have a shorthand and immense love and support. There's a huge amount of safety, and we won't settle for dishonesty. As artists that's a great place to work from. I can't trick Tom. He knows who I am; he knows when I'm lying. I think that opens those emotional territories in an easier way, and it's quite joyful to go there.

What was it like playing a character with bipolar

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disorder? What steps did you take to avoid cliches?

Maslany: Joey [Klein, the filmmaker] did an amazing amount of research drawing from life experience as well as clinical studies. He wanted to make sure we were telling it honestly. We didn't want Emily's illness to be a romantic thing. It's who she is, and it's something she deals with every day in different forms. And you don't want to demonize it. It was about making sure we got it right clinically and then allowing for the impulses on the day.

What are some favorite performances or films you looked to for inspiration?

Tom Cullen: I'm inspired by actors who surprise me and try to scare themselves in their work. People like Marlon Brando.

Maslany: Joey cited "A Woman Under the Influence" as a big inspiration. He showed it to us and it's amazing. I kept going back to it when I felt stuck. The work is so free and complicated and bizarre.

GETTY

You both act on television. What are some of the differences going from television to film?

Maslany: It's dependent on the project. For this one we had a lot of freedom. There wasn't a separation between us and the crew; it was a very communal experience. I don't know that you always get that on television.

Cullen: Television's restrictive because you're often playing in the style of the show. You're in service to so many other things, and making something that appeals to a bigger demographic. With film, you have a lot more space and freedom to make something personal.

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Plus-size brands that slay

Meet the indies.

SHEILA DOUGHERTY
@MetroPhilly
letters@metro.us

Not long ago, if you were an above-average-size American woman — for years, that was a 14, but as of 2016, it's a 16 — your sartorial choices were limited. Very limited. For safe, everyday wear, there was that one store in the mall (sounds like Lame Giant). God forbid you had a formal event to dress for, because then you were banished to a poorly lit corner of a department store crammed with a few racks of dowdy mother-of-the-bride frocks with garish prints.

But thanks to fiercely fashionably social-media influencers such as Gabi Gregg (gabifresh.com) and Nicolette Mason (nicolettemason.com), consumers are demanding better, and smart designers and retailers are responding. Even Lane Bryant, once the sole refuge of the style-parched plus-size, has stepped up its game. It just launched a collection with red-carpet favorite designer Prabal Gurung, and in recent years has commissioned exclusive lines from Christian Siriano, Isabel Toledo and Sophie Theallet. E-commerce has made it easier for fresh plus-size brands to emerge. Here are five indie brands that absolutely do not flatter — they slay.

Universal Standard

This label is making its mark with a chic, minimalist classics in sizes 10-28. Cashmere-blend sweaters, seasonless tees, tanks, dresses and blouses in neutral hues mix and match easily with its jeans and jersey pencil skirts. Layer pieces like the net dress and leatherette skirt to add some edge. Bonus: If you are in New York City, or plan to be, you can make an appointment with a stylist at Universal Standard's showroom in the Garment District.
universalstandard.net

Eloquii

In 2011, The Limited launched Eloquii for plus-size women, only to shutter it 18 months, devastating the line's loyal following. But former Limited employees revived Eloquii as an indie that skews young and ultra-on-trend, flipping off the notion that body-con dresses and vibrant colors don't belong on bigger bodies. And in what might be Eloquii's greatest PR coup, when Aidy Bryant of "SNL" attended the Emmys in a dress the brand designed for her, more than 1,500 people joined the waiting list to buy it.
eloquii.com

Anna Scholz

London-based Anna Scholz, a former plus-size model from Germany, sold her first collection to Lane Bryant in 1996. Since then, her clothes have sold in the likes of Saks Fifth Avenue and Bloomingdales. Now, her well-constructed silk and jersey wrap dresses, tunics and separates in unexpected luxe prints are available on her website.
annascholz.com

Carmakoma

Don't let the mostly black palette fool you — Carmakoma is not about hiding your shape. With curve-skimming leatherette skirts and grommet-studded jersey dresses, plus a touch of lace here and there, these are clothes for rocker girls who pay the bills with an office job. The Danish brand's spring collection is called "Diversity Is Beautiful," which may or may not have been planned before 2017 — either way, it's apt. Shipping to the U.S. is free on orders of $130 and up.
carmakoma.com

Beth Ditto

When Topshop asked Gossip frontwoman Beth Ditto to play its London flagship store in 2007, she promptly told the company, which (still) does not stock a plus-size range, to shove it. "I don't think it's fair to put my face somewhere where they would never let me in there to wear their clothes," she told BBC Radio. Topshop's plus-size sister, Evans, subsequently retained Ditto to design a line to ensure you don't fade into the background. That set the stage for her indie label, which is now in its second season.
bethditto.com

In the Netflix comedy "Love," Mickey, left (Gillian Jacobs) is a sex and love addict navigating her relationship with Gus (Paul Rust). NETFLIX

How do you know if you're a sex and love addict?

Learning the signs of the intimacy disorder.

KATE MOONEY
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kate.mooney@metro.us

At the end Netflix comedy "Love" Season 1, Mickey (Gillian Jacobs) tells her sort-of boyfriend, Gus (Paul Rust), that she's a sex and love addict. While they remain involved in Season 2, it's not an easy path, with Mickey navigating the ups and downs of their relationship while attending Sex and Love Addicts Anonymous.

Mickey's reveal prompts many questions. For starters, what is sex and love addiction? And why don't we hear about it in a serious light, as we do with alcoholism and drug addiction? And our most pressing question: How do you know if you're suffering from it?

What is it?

Sex and Love Addicts Anonymous, a 12-step treatment program based on the Alcoholics Anonymous model, defines the organization as being "for anyone who suffers from an addictive compulsion to engage in or avoid sex, love, or emotional attachment."

S.L.A.A.'s 12 Characteristics of Sex and Love Addiction include lacking healthy boundaries in sexual or romantic relationships, using sex or emotional dependence as "substitutes for nurturing care and support" and excessively idealizing our partners.

Robert Weiss, a therapist and relationship expert, makes a distinction between addiction to sex and addiction to love. He defines the former as "using other people as objectified body parts" while the latter uses them "as emotional objects."

While a person might exhibit symptoms of both, they often manifest separately. For example, a sex addict will engage in casual sex with multiple partners a week, while a love addict might go from one unfulfilling relationship to the next.

In both cases, the high doesn't come from sex or romance, he explains. Instead, it comes from the pursuit of the conquest or the person — and losing themselves in the fantasy of it.

How to know if you're suffering from it

"Ask yourself, are you compromising your ability to take care of yourself," says Dr. Jeremy Frank, a Philly-based psychologist and addiction counselor. "Addicts gravitate toward substances or [in this case] another human being as a way to distract themselves from something they're suffering from."

Put another way, Frank defines addiction as a behavior that causes consequences in major functioning areas in your life. If sex or dating is affecting you, your family, your job or your relationship with a significant other, then that might be a sign.

The romantic notion of "losing yourself" in another person does not indicate a healthy relationship, Frank says. Instead, it's more like "when someone complements us and helps us know ourselves better, grow and challenge ourselves, rather than fulfils some unmet need."

Mickey (Gillian Jacobs) in "Love" on Netflix. NETFLIX

How to get help

If you think you might have a problem with sex and love, taking S.L.A.A.'s 40 Questions for Self-Diagnosis online quiz is a good starting point. Also, check out S.L.A.A.'s book on the topic, the "S.L.A.A. Basic Text," which includes personal stories from sex and love addicts in the program.

Visit slaa.org to learn more, and to find a meeting at your local S.L.A.A. chapter.

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VILLANOVA HAS CHANCE TO BE AMONG BEST PHILLY TEAMS EVER

GLEN MACNOW

OPINION

Glen Macnow has been an outspoken voice in Philly sports for nearly three decades.
@realglenmacnow

If the Wildcats repeat as NCAA champions they'll be the first repeat Philly-area title-winners since the 1970s Flyers. GETTY IMAGES

You're not compelled to root for Villanova. College basketball divides the local fan base into a half-dozen smaller constituencies. There are thousands of enthusiasts with cherry-red sweatshirts or Holy War scars who struggle to cheer for the Main Line Wildcats.

You must, however, admire what is happening here. As Jay Wright's defending National Champions head into the NCAA Tournament as the No. 1 overall seed, the magnitude of their greatness cannot be overstated.

This is the best college basketball team in our history. They stand to be the top local team, any sport, since those Flyers of the mid-1970s.

Over the past four years, Wright's team is 128-16. They are 16-0 in Big Five games, a feat never before accomplished. They've been in the AP top three at some point in each of those four seasons, and a 1 or 2 seed in the NCAA Tourney.

And, of course, they aim to become the first team since Florida in 2007 to repeat as champions. Vegas odds put their chances around 11 percent. I'll take the over.

Nova soared to a 31-3 record this season even after losing four-year stalwarts Ryan Arcidiacono and Daniel Ochefu. These Wildcats feature two seniors, high-scoring guard Josh Hart and forward Kris Jenkins, whose title-winning shot against North Carolina last April ensured he never has to pick up a check in his life around these parts.

The other top contributors are freshman or sophomores — Jalen Brunson, Mikal Bridges, Donte DiVincenzo, Eric Paschall. There's no reason to believe this is Villanova's last year scraping the top of the standings.

It's all about the architect. Nova, with 10,000 students, is the smallest school to win the national title since, well, Nova in 1985. Jay Wright competes against — and beats — the Enormous State U's, with their unlimited recruiting budgets and one-and-done McDonald's All-Americans.

He does it with a plug-and-play formula, where every kid fits a role. Arcidiacono graduates — Brunson steps in at point guard. The kids all stay three or four years, allowing Wright to build around a system, rather than adapt everything (and sell his soul) to the next NBA lottery pick just looking for short-term parking.

It's smart basketball — getting in the passing lane, knowing how to rotate. And it looks to be sustainable for seasons to come.

We've seen brilliance in local hoops over the years. The 2003-04 St. Joe's team that topped the polls with Jameer Nelson and Delonte West. The John Chaney Temple teams of the late 1980s that clawed to the Elite Eight. Old Heads recall La Salle in 1968-69 or Penn in 1970-71.

But no program has maintained excellence as Wright has done here. And now?

Even as the top seed, Nova drew a tough road to the Final Four. Wisconsin is on the horizon, followed by Virginia or Florida, and then the Evil Blue Devils of Duke. That doesn't mean Nova can't repeat, but it makes it a tougher chore.

Watch it, enjoy it. And even if your loyalties lie with another Big Five team, don't fail to recognize the historic magnificence of this team.

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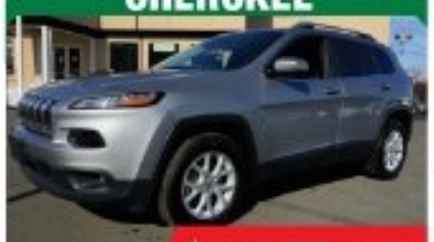
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Eagles chose Foles over Daniel, turn focus to salary cap

The Eagles will need to do some more restructuring of contracts and the roster to make it under the NFL's threshold.

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Nick Foles was drafted by the Eagles in 2012 and played three seasons for the Birds — including his record setting 27 touchdown, two interception season in 2013. He holds several team records but was jettisoned in favor of Sam Bradford as the Chip Kelly regime seized ultimate power.

He's been pretty well-traveled since then, with stints in St. Louis and Kansas City in both a starting and backup role.

Monday, the Eagles announced he was back in Philly.

The 28-year-old signed a two-year deal worth $11 million with $7 million guaranteed. Which means a year after signing Chase Daniel — another former Chiefs quarterback, to a three-year, $21 million deal — he's on the outs, right?

According to NFL sources, Daniel asked for his release and is expected to get it. He says it has nothing to do with Foles, and instead that he "believes he is a starting quarterback."

Daniel carries with him a $6 million cap hit, and it sounds like there are no takers on the trade market. The Eagles will hope to get their cap relief after Daniel inks a deal with another team as his contract contains offsets that allow savings when another team pays him instead.

Clubs like the Jets, Browns, 49ers and Texans are all looking for quarterbacks and could take a chance on Daniel.

Meanwhile, as the team is pinching pennies left and right.

According to ESPN's Field Yates, the Eagles and Zach Ertz reached a deal to renegotiate the big contract extension they gave the tight end last offseason. The $3.225 million due to Ertz as his base salary this season has become a roster bonus, which will save $2.58 million in cap space.

From one high-paid backup quarterback to another, Nick Foles is back in Philly. GETTY IMAGES

This move will change Ertz's $5.6 million cap hit and spread it out over a longer length of time.

The creative accounting will need to continue as spotrac.com estimates the Eagles are more than $6 million over the salary cap. Howie Roseman, in a news conference Friday said he did not plan to cut Jason Kelce — leaving Ryan Mathews and a few others as possible causalities heading into April's draft.

"Our cap people, led by Jake [Rosenberg], do a great job, tremendous job of putting us in situations to be successful, and you've got to be flexible at these times," Roseman said. "I think our situation is tough this year, but as we look out, it continues to improve."

The Eagles will not make another expenditure on defensive tackle Bennie Logan. According to ESPN's Adam Schefter, the free agent is signing a one-year deal with Andy Reid and the Chiefs. After the departure of Nolan Carroll to Dallas, the Eagles don't have any more big-name free agents to retain.

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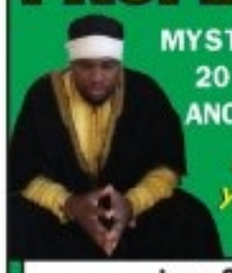

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32 "Faint heart -- won ..."
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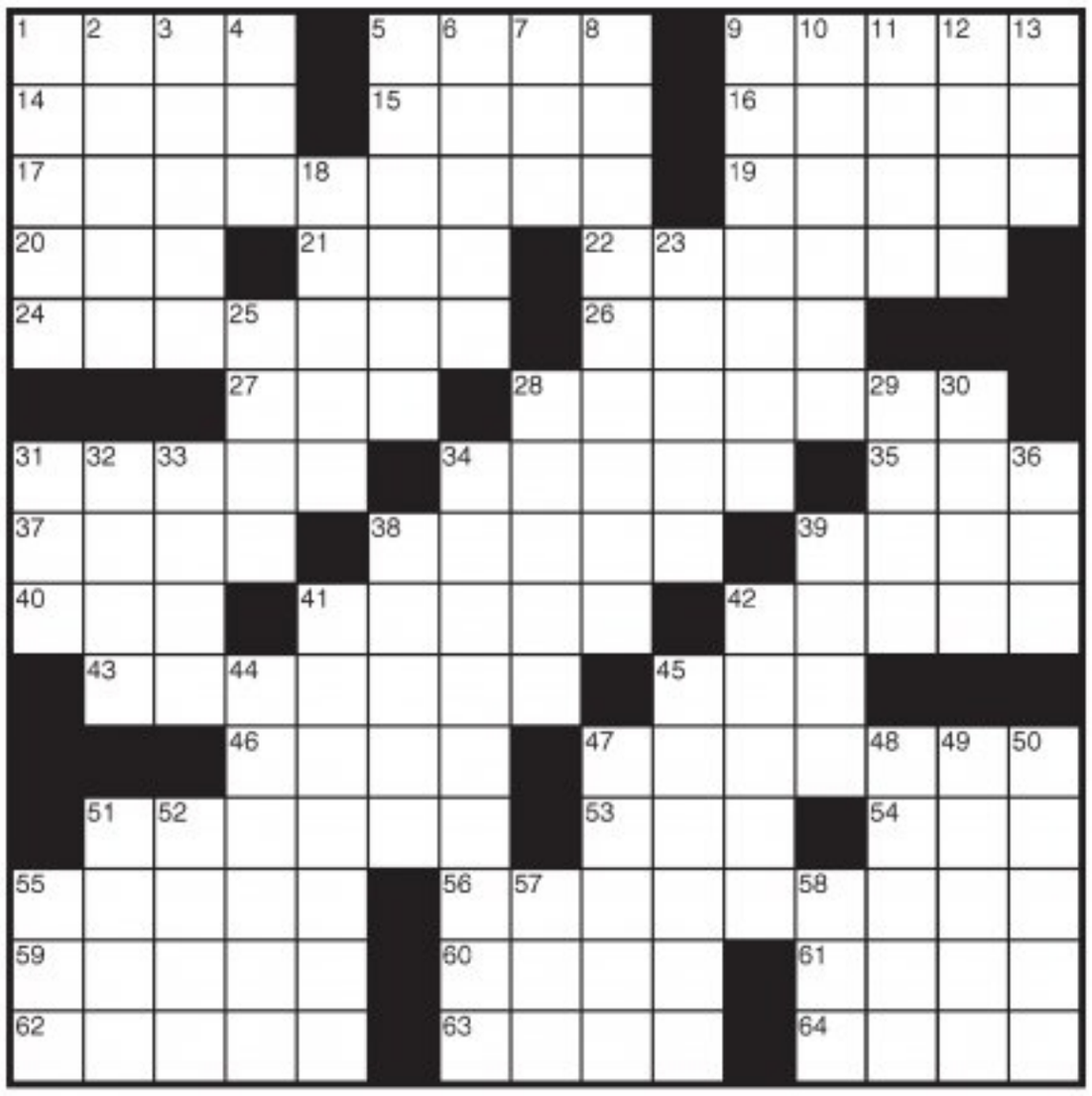

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5				2		4		3
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hard

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	9		6			7		1
8				5			9	

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Aries Nurture important partnerships. Working alongside others with the intent to collectively accomplish something big will pay off. Celebrate your success.

Taurus Look for opportunities within your immediate environment. You can improve your reputation by showing greater responsibility.

Gemini Work alongside others to boost your popularity. Offering help will ensure that you get something in return. Personal and financial gains will be yours.

Cancer Temptation will be difficult to resist. A deal presented to you will be built on hype, not facts. Avoid impulsive, indulgent actions. Excessive behavior will lead to loss.

Leo Welcome change at home and work. Adapting to whatever comes your way will put you in a good position to excel. Use your experience and knowledge to advance.

Virgo A financial opportunity is apparent. Investments, winnings, an unexpected gift could come your way, or a debt will be repaid. Live up to your promises.

Libra You'll be liable to overreact or fall prey to someone who is excessive, controlling or unpredictable. Make choices based on your safety and emotional well-being.

Scorpio Don't get caught up in someone else's melodrama. Stick to what's important and live up to your promises instead of being tempted by the claims of others.

Sagittarius A emotional or financial move will be stabilizing. Celebrate your success with the people who helped you get there. Be fair and disciplined in everything you do.

Capricorn Physical efforts will be met with opposition. Plan your actions carefully and get your facts from a reliable source. You are only as good as your word.

Aquarius A financial opportunity looks promising. Invest in your skills, experience and drive to survive. Join forces with someone you trust.

Pisces Keep personal matters to yourself and stay on top of events that can cause a conflict with someone who has the potential to disrupt your world. EUGENIA LAST

Yesterday's answers

Z	A	P	S		F	I	D	O		O	M	A	R	
I	G	E	T		O	D	O	R		P	A	L	E	R
N	A	T	O		M	A	G	I	S	T	R	A	T	E
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P	U	L	S	A	T	I	O	N		E	D	G	E	D
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